



Division of
Mental Health
and Addictions.

*"People helping
people help
themselves."*

Logansport State Hospital

The Spectrum

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POLICY UPDATES!

The following LSH policies were updated in December (All Staff are to read all changed Policies)

- A-6 Non-Discrimination Policy Regarding Patients – Corrected title to read: “Quality” Program Coordinator.
- C-8 Patient Elopement/AWOL/Return of Patient from Elopement/AWOL – No changes
- C-24 Patient Education – No changes
- C-45 Comprehensive/Initial Assessment – No changes
- C-46 Annual Assessment – No changes
- C-48 Progress Documentation – No changes
- C-49 Off-Grounds Use of Restraints for Emergencies – No changes
- IM-31 Hospital Mitigation in case of Privacy Breach - Changed policy title. Changed a bit in the "Purpose" section to make the purpose of the policy more precise. Removed two lines in "Scope" section to remove misleading sentences and changed reference in "Scope" section. Corrected Reference section to display corrected reference titles in bullet format.

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on “Hospital Policies (PolicyStat)” button-top center of home page outlined in green
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on “change location” in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.

Paula Green Scheffer
Clerical Assistant/Community Engagement



SPECTRUM

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From the Superintendent's Desk

So far, the first few days of the new year have been a bit disappointing. The chaos of the pandemic has yielded the stage, at least for the time being, to the heartbreaking chaos at our top levels of government. As disheartening as these things might be, if we don't have hope, we have nothing. Things will get better – in our Country, with the pandemic, and also within Logansport State Hospital.

If you had a chance to watch the All-Staff Address video I put out just before Christmas, you will know that I outlined in detail the reasons why we must not become complacent and jaded, but instead be hopeful and resilient. Yes, times are tough and everyone is tired, but we can't give up. As I said in the video, the results of the Skip-Level meetings conducted by Jay Chaudhary and Katrina Norris in October were disappointing but revealing, and the issues brought forward should be legitimately acknowledged.

I need more information to do that. We have developed a survey that should take you 8 minutes or less to complete. By using Survey Monkey online, your answers are completely anonymous, so there is no reason for you to not speak freely. We can't improve if we don't know your thoughts and concerns. A link was sent to all staff on Tuesday, January 12, at 12:01 PM. As of this writing the response has been excellent, but we really need to have everyone complete it. If you haven't already responded, please look for the email mentioned above or ask your supervisor for assistance.

A note to Special Attendants – Not to minimize any other group of employees, but your responses are extremely valuable. You, our largest group of employees, represent the “boots on the ground”. If we hope to become a High Reliability Organization (HRO), we must remember that the best organizations show a “Deference to Expertise”, which simply means that we value experience over authority. We realize who in the organization has what specialized knowledge. You have that knowledge, and we especially need to hear from you. As conditions on the unit allow, please ask your supervisor to permit you to access a computer in order to take the survey.

We will also begin organizing live sessions, focus groups, to allow some in-person interaction with Hospital Leadership, and I will continue to round on the units along with the Director of Nursing, the Service Line Managers, and the Human Resource Director. For those of you who value anonymity, we will also re-introduce Suggestion Boxes.

In closing, I would like to offer another HRO Principle – A Commitment to Resilience. Resilience, or the ability to bounce back from adversity, has been identified by the World Health Organization as one of its top pillars, and 2020 has been referred to as “The Year of Resilience.” May we all continue to be resilient in 2021 and show our commitment to excellence in the face of adversity. Thank you all for your service to the patients of Logansport State Hospital.

Sincerely,



Greg Grostefon, Superintendent



A new year means new opportunities to be well in 2021

Exciting new changes to wellness incentives available to health plan participants can help you take charge of your well-being in 2021 – and you can even earn e-gift cards in the process!

Did you get a flu shot recently? If so, you've earned a \$25 e-gift card!

State of Indiana employees who received a flu shot between **Aug. 1 and Dec. 31, 2020** are eligible to receive a \$25 e-gift card! The e-gift card can be accessed through the [ActiveHealth portal](#) by clicking the appropriate link under the “Rewards” tab. Complete the process to redeem your card.

For specific details, check out the [flu shot reward FAQ](#).

An important health summary, another gift card opportunity

One \$25 e-gift card is nice, but two is even better! Log in to your [ActiveHealth portal](#) and complete a health assessment by **Nov. 30, 2021** to earn a \$25 e-gift card. The process only takes about 10 minutes and is entirely confidential. Taking a health assessment will let you check-in on your weight, stress levels, physical activity, and more. This is an excellent way to see where you are – and where you need to go – on your wellness journey.

Complete a free wellness visit and earn a \$100 e-gift card

A [wellness visit](#) is a comprehensive look at your health that should be completed annually. The best part is that there is no cost to you for preventive care, including for your yearly wellness visit. Earn your new wellness visit incentive by completing a physical with your primary care provider or by completing a comprehensive wellness visit at a CVS MinuteClinic. The wellness visit allows the provider to review with you your family and medical history, lifestyle habits, and exercise routines. This is more than just a “snapshot” of your current health – it’s a complete picture of your well-being.

Employees and spouses who complete a wellness visit can earn a \$100 e-gift card. You should complete your wellness visit **no later than Oct. 31, 2021** because it may take up to four weeks for the results to post in your [ActiveHealth portal](#). To receive the e-gift card, the results of your wellness visit must be visible in the portal by **Nov. 30, 2021**.

Challenge yourself through the ActiveHealth portal

All new wellness challenges await in 2021! You can access these fun activities (and earn “Hearts” by doing them) through the [ActiveHealth portal](#). You can even create your own challenges!

Three options for earning your Premium Discount in 2021

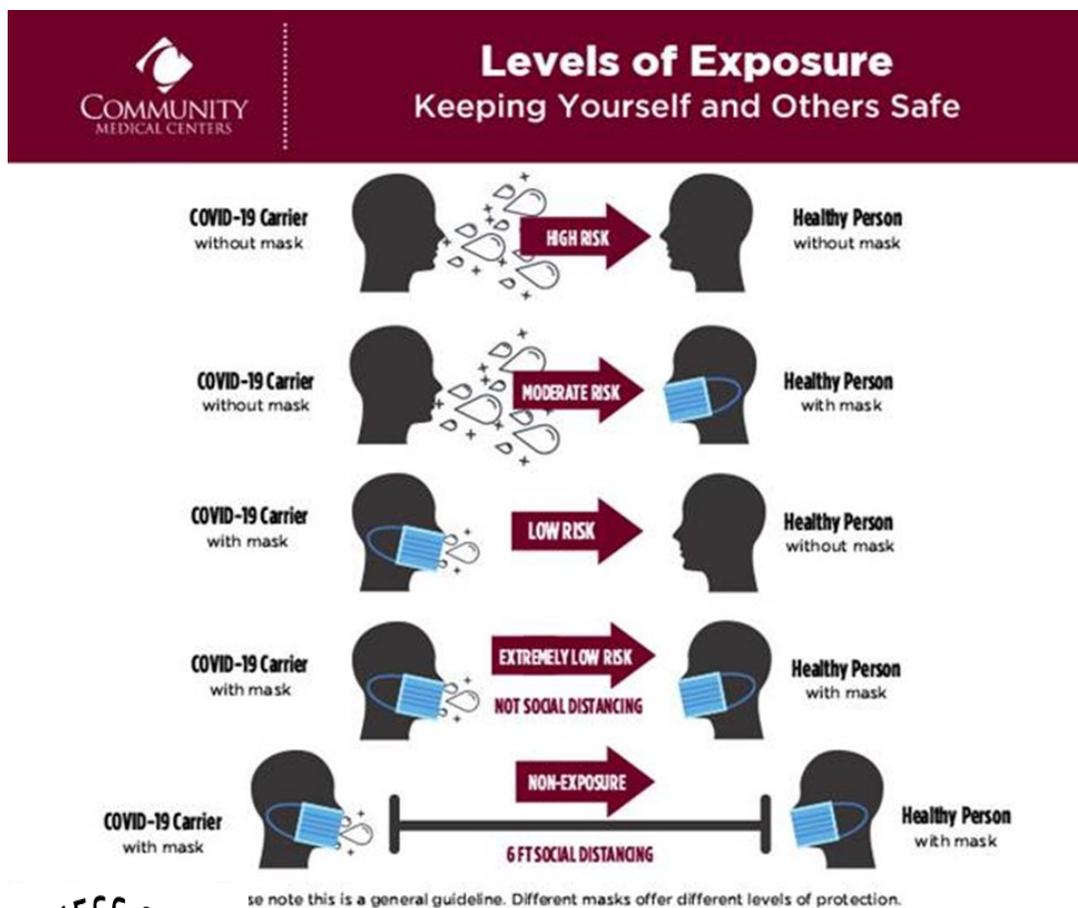
With so many new and exciting additions to the state employee wellness program coming this year, it’s important to know that some programs are staying the same.

Once again, you can save on your health plan in 2022 by earning a premium discount. You have three options for earning a premium discount and may choose the one that's best for you. Just make sure to finish by **Sept. 30, 2021!**

- complete four (4) one-on-one health coaching sessions through [ActiveHealth](#)
- reach Level 5 through online education and challenges
- track 200 days of physical activity with a device connected to the [ActiveHealth portal](#)

Remember: If you're enrolled in a family health plan, **you and your spouse** must complete one of the activities to qualify for the premium discount.

Matthew A. Brown
Director, Indiana State Personnel Department



*The Wellness Committee consists of:
Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.*



Sneaky



Snaps!



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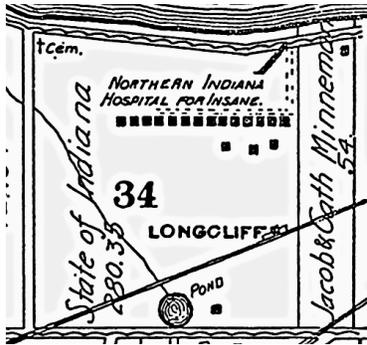
Photos by: TJ Dewitt

Submitted pictures from the two day Trunk or Treat event hosted by a joint effort from the Logansport State Hospital EMBRACE Committee and Logansport Juvenile Correctional Facility employees. The employees and family members from Logansport State Hospital and Logansport Juvenile Facility were allowed a fun and safe alternative to "Trick or Treating" while some employees and their family members had fun dressing up and role playing as they competed for best decorated.

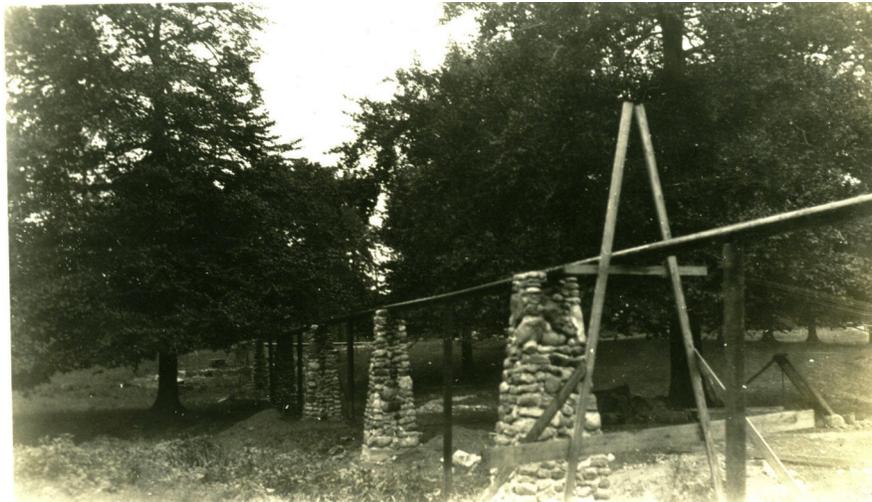
Look out for Darrin and his camera, you could be next!

Longcliff Museum

Water Supply Pipe Lines



Across the road from the current Isaac Ray Treatment Center are some stone pillars that used to support a pipeline that carried water from a reservoir where the creek was dammed beyond the railroad tracks. The water was used for "domestic"

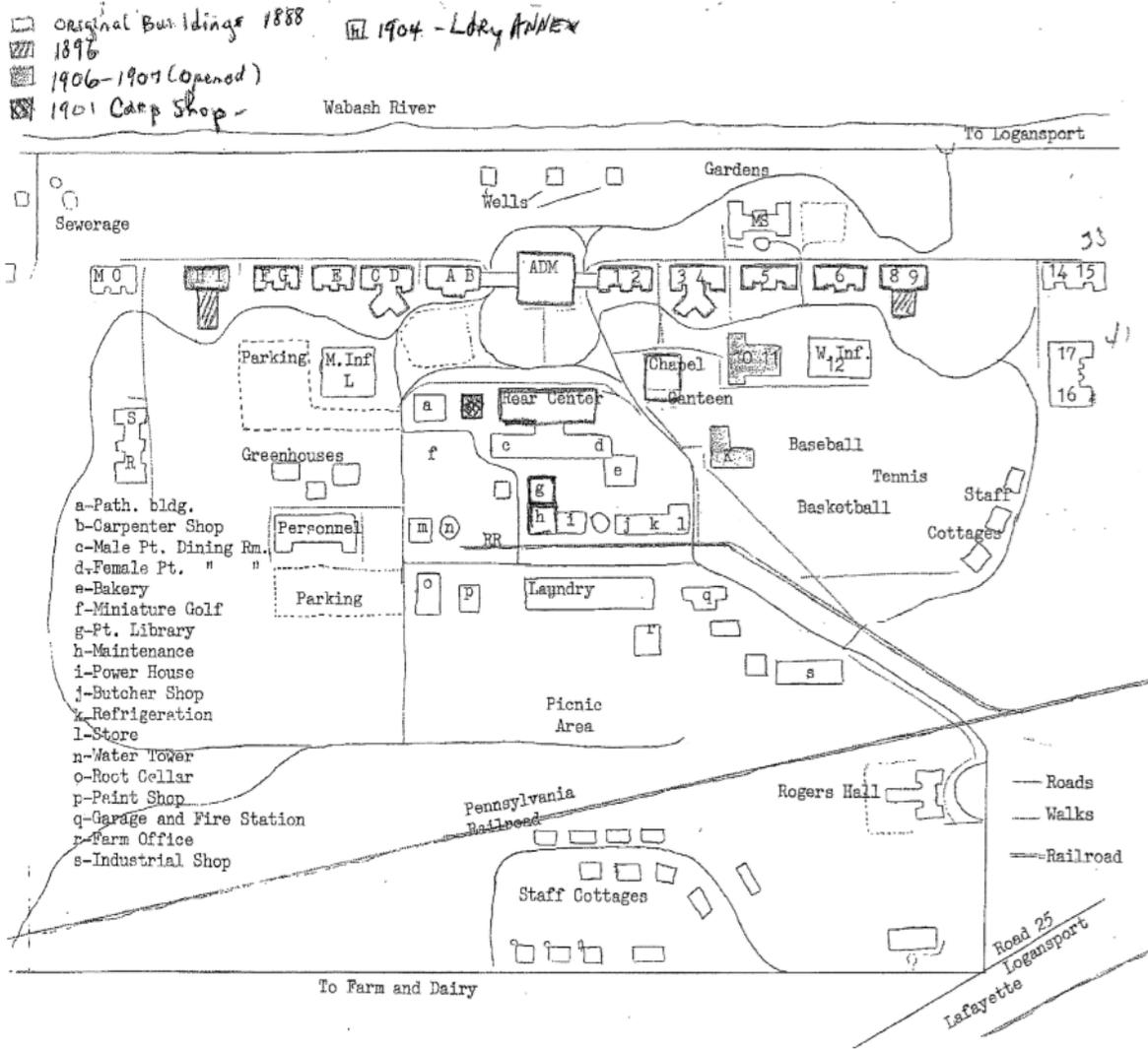


Water supply pipe line, Longcliff, Ind. Aug. 4, 1923



Water supply pipe line, Longcliff, Ind. Aug. 4, 1923

Men's Wards were to the West of the Administration Building and Women's Wards were to the East.



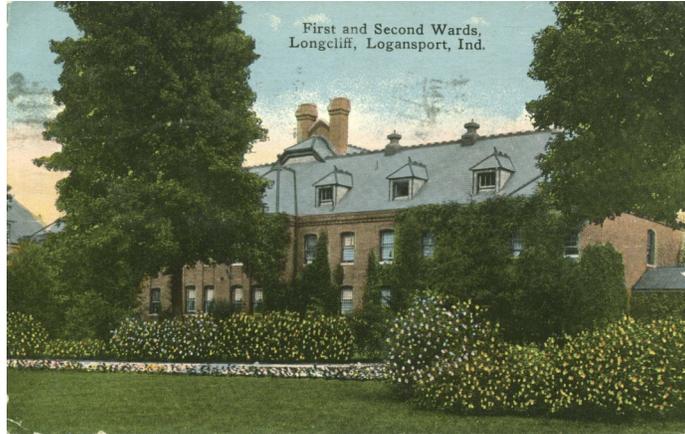


Men's Wards...



Wards F-G-H & I Longcliff, March 1921

Women's' Wards...



Culinary Corner

Seared Round Steak

INGREDIENTS

- 1 1 1"-thick round steak (about 10 oz.)
- 1 Kosher salt
- 1 Freshly ground black pepper
- 1 1/4 c. extra-virgin olive oil
- 1 2 tbsp. red wine vinegar
- 1 1/2 tsp. crushed red pepper flakes
- 1 3/4 tsp. dried oregano
- 1 3 cloves garlic, divided
- 1 2 tbsp. vegetable oil
- 1 2 tbsp. butter
- 1 2 sprigs rosemary
- 1 Flaky sea salt

DIRECTIONS

1. Place steak between two pieces of parchment paper and pound with the spiked side of a meat mallet just until tenderized—avoid thinning out the steak. Season generously with salt and pepper.
2. Place steak into a resealable bag or container. Pour in olive oil, vinegar, red pepper flakes, and oregano. Finely grate 1 garlic clove straight into the bag and mix to combine. Let marinate at room temperature for 30 minutes.
3. Remove steak from marinade and pat very dry. Peel and crush remaining 2 garlic cloves.
4. In a medium cast-iron skillet over medium-high heat, heat vegetable oil. Add steak and cook, flipping once, until a deep golden crust begins to form on both sides of the steak, about 5 minutes total.
5. Reduce heat to medium low and add butter, crushed garlic, and rosemary to pan. Using a kitchen towel, carefully grip the skillet handle and tilt pan towards you so that the melting butter forms a pool at the bottom of the skillet. Using a spoon, continually baste butter onto steak to form a deeper golden crust. Flip steak and repeat, 2 to 3 minutes in total.
6. Using a meat thermometer, check for doneness: 120-125° for medium rare, 130°F for medium. Transfer steak onto a cutting board and let rest 10 minutes.
7. Thinly slice against the grain and return to skillet to serve over the juices. Top with flaky salt.



<https://www.delish.com/holiday-recipes/valentines-day/a30503244/round-steak-recipe/>

Who Am I?

Can you guess who's behind the clown mask pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at darrin.monroe@fssa.in.gov by February 19, 2021.

Employees with correct answers will have their names put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free five dollar gift certificate.

*Winner Will Be Announced In
The Next Spectrum.*



Gary Cripe



Congratulations to Jani Foreman for guessing Gary Cripe, pictured as the last Who Am I?

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.